

Parks &
Recreation

Pre-Competitive Swim Team



West Valley City
Family Fitness Center
5415 W. 3100 S.
955-4000

West Valley City Family Fitness Center Pre-Competitive Swim Team

ARE YOU READY?

- Can you swim front crawl across our lap pool without assistance?
- Can you swim front crawl with your face in the water?
- Can you swim back crawl across our lap pool without assistance?

If you answered yes to these questions then you are ready to try the Pre-competitive swim team.

What does pre-comp offer?

- Advanced swimming skills
- Diving Technique
- Great Workouts
- Preparation for competitive swimming
- Stroke Technique

Practice Times

Monday / Wednesday / Friday
6:00 - 7:00pm

Session	Dates	Member	Non-Mem
Winter 3	Feb 12 - Mar 2	\$29.00	\$38.00
Winter 4	Mar 5 - Mar 23	\$29.00	\$38.00
Spring 1	Mar 26 - Apr 13	\$29.00	\$38.00

www.westvalleyfitnesscenter.org